

# Nutrition Facts

About 6 servings per container  
**Serving size    7.7 pieces (142g)**

**Amount Per Serving**  
**Calories** **290**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 49g	<b>18%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	<b>18%</b>
Vitamin D 0.1mcg	0%
Calcium 20mg	2%
Iron 2.6mg	15%
Potassium 160mg	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, PATENT FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, POTASSIUM BROMATE, RIBOFLAVIN, FOLIC ACID), DURUM WHEAT FLOUR, ONION, POTATO FLAKES (POTATOES, MONO-DIGLYCERIDES), SOYBEAN OIL, BACON, WHOLE EGGS, SALT, BLACK PEPPER

CONTAINS: EGG, WHEAT